

New Knowledge Adventures Presents:

*Hypnosis for Universal
Pain Management*

Seminar #5:
Comprehensive Review –
Theory and Purpose

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e
- A CD of all materials will be provided for those who cannot access the website

Review of Seminars 1-4

- 1) The 2 Basic Skill Sets, the 5 Basic Skills, and the 2 Basic Explanatory Models
- 2) Dualist - Interactionism
- 3) Ideo-Dynamic Communication (IDC)
- 4) Aladdin's Lamp – Structured Autosuggestions

Review of Seminar 1

- The 2 Skill Sets
 - Skill Set 1: Muscular Relaxation
 - Skill 1: Progressive Muscular Relaxation
 - Skill 2: Differential Muscular Relaxation
 - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
 - Skill 3: Ideo-Dynamic Responses to Suggestion
 - Skill 4: Appropriating Your Own Space
 - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
 - Edmund Jacobson – The Jacobson Effect
 - Emile Coué - Autosuggestion

Review of Seminar 2

- Dualist-Interactionism
 - Res Extensa
 - Res Cogitans
- EEG Brain-Wave Patterns
 - Delta
 - Theta
 - Alpha
 - Beta
 - Gamma

Review of Seminar 2 (Cont.)

- Hypnosis and Interactive Dualism
 - If there are two distinct but interactive substances, then
 - The two substances can be *detached* from one another [EEG Theta State]
 - The two substances can be *synchronized* with one another [EEG Alpha State]
 - The two substances can be *coordinated* with one another [EEG Beta State]
 - The two substances can be *unified* with one another [EEG Gamma State]

Review of Seminar 3

- Ideo-Dynamic Communication
 - Additional pathways to the Unconscious Mind
 - The History of Ideo-Motor Action
 - The Chevreul Pendulum Illusion
 - Ideo-Dynamic Finger Signals
 - Behavioral Kinesiology and the limits of IDC

Review of Seminar 4

- Part 1: Aladdin's Lamp
- Part 2: Maslow's Hierarchy of Needs
- Part 3: Expectancy Sets, IDC and Structured (Auto)-Suggestions

Review of Seminar 4 (Cont.)

- 'Alā ad-Dīn means "Nobility of Faith"
- Aladdin, in the tale, is granted several 'wishes' by a powerful Djinn
- 'Djinn' is an Arabic word meaning 'hidden'

Review of Seminar 4 (Cont.)

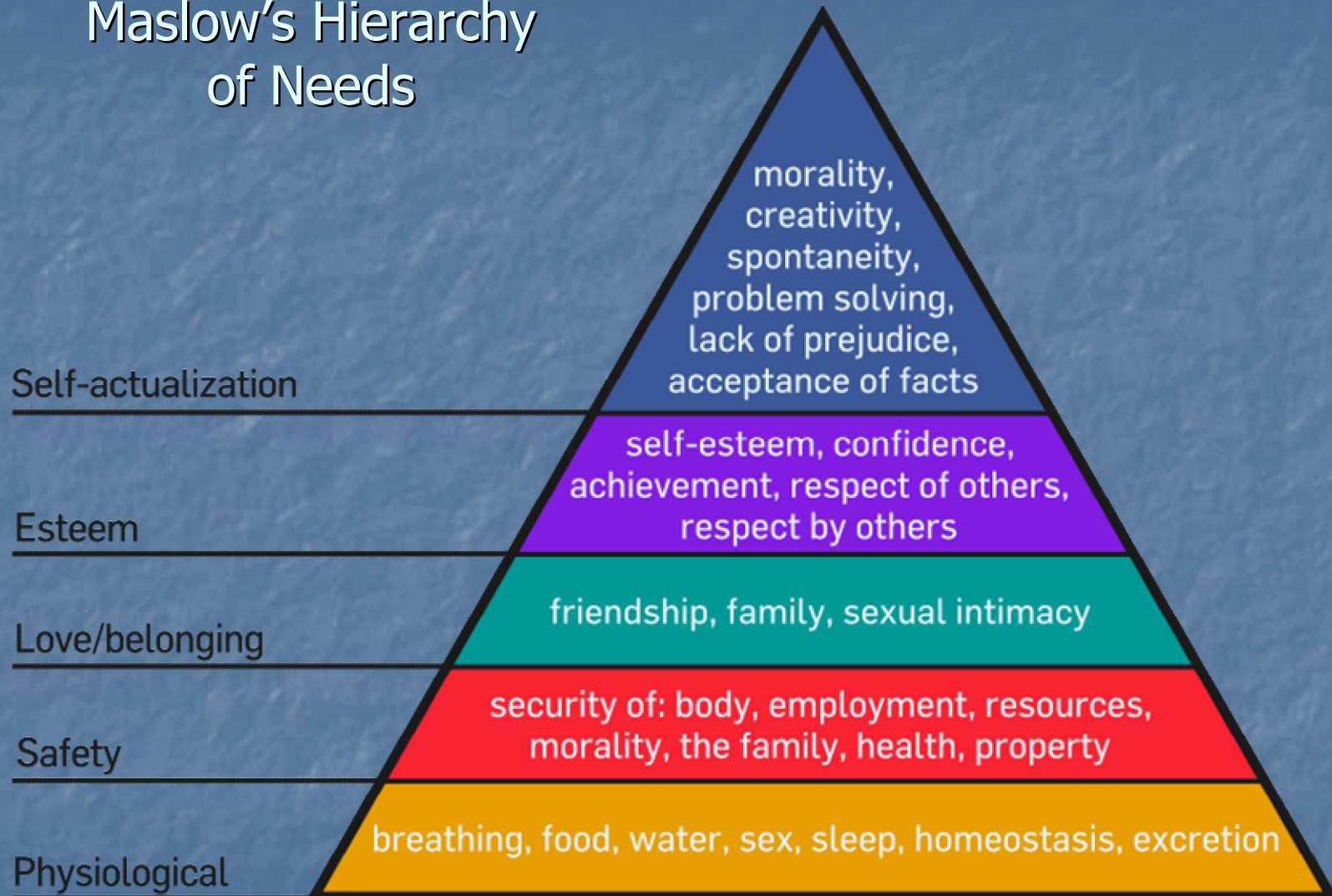
- There are many warnings in the literature about dealing with Djinnī
- The most important warning is:

ONE MUST SELECT ONE'S WISHES
VERY CAREFULLY!

Review of Seminar 4 (Cont.)

- Rules for Selecting Safe Wishes for your Djinn
 - 1) Based on Needs, not Wants
 - 2) Obtainable
 - 3) Sharable
 - 4) Renewable
 - 5) Harmless to Others
 - 6) Self-Congruent
 - 7) Does not violate the 'Law of Polarity':
 - "If A is created, Not-A will also manifest."
 - Is the wish a Zero-Sum Outcome?

Maslow's Hierarchy of Needs



Review of Seminar 4 (Cont.)

■ The Placebo Effect

■ 5 types of expectancies

- Process expectancy
- Positive outcome expectancy
- Negative outcome expectancy
- Interaction self-efficacy
- Management self-efficacy

Review of Seminar 4 (Cont.)

- Structured Autosuggestions Combine:
 - Coue's Autosuggestions
 - Expectancy Sets
 - Maslow's Hierarchy of Needs
 - Aladdin's Rules for Wishes
 - Ideo-Dynamic Communication

Review of Seminar 4 (Cont.)

- Example Structured Autosuggestion
 - Every day, in every way, I am getting stronger and stronger because I am lifting more weight with more reps on a split routine every Monday, Wednesday and Friday, and because I am watching Star Trek DVDs. I will be able to bench press twice my body weight for 6 repetitions by August 1, 2012.

Review of Seminar 4 (Cont.)

- Step 1: Introductory Phrase
 - “Every day in every way...”
- Step 2: Define the Expectancy
 - First – Define Outcome: “I am getting stronger and stronger...”
 - Second – Describe Actions: “Because I am lifting more weight for more repetitions...and because I am watching Star Trek DVDs...”

Review of Seminar 4 (Cont.)

- Step 2: Define the Expectancy (Cont.)
 - Third - Describe a Time-Frame: "Split routine every Monday, Wednesday and Friday – Results by August 1, 2012"
 - Fourth – Determine when you're done: "I will be able to bench press twice my body weight for 6 repetitions by August 1, 2012"

Review of Seminar 4 (Cont.)

- Step 3: Use Maslow's Hierarchy to confirm that your expectancies are 'Needs' and not 'Wants'
 - First, get your 'needs' in order
 - Then you can begin to expect 'wants'

Review of Seminar 4 (Cont.)

- Step 3: Maslow's Hierarchy (Cont.)
 - Example: Muscular Strength is a component of all 5 levels of the Hierarchy
 - Level 1: Breathing, Homeostasis, Excretion, Sleep, and Sex
 - Level 2: Security of Body, Health and Property
 - Level 3: Friendship, Sexual Intimacy
 - Level 4: Self-esteem, Confidence, Achievement, Respect by Others
 - Level 5: Peak Experience

Review of Seminar 4 (Cont.)

- Step 4: Use Aladdin's Rules for Wishes to confirm that your expectancies are ethical and won't tempt the Djinn...☺
 - Our Example is:
 - 1) Based on needs, not wants
 - 2) Obtainable
 - 3) Sharable
 - 4) Renewable
 - 5) Harmless to Others
 - 6) Self-Congruent
 - 7) Is not a Zero-Sum Outcome

Review of Seminar 4 (Cont.)

- Step 5: Use IDC to confirm that your expectancies are self-congruent
 - The Chevreul Pendulum – get a 'yes' response
 - IDC Finger Signaling – get a 'yes' response
 - Behavioral Kinesiology – get a strong muscular response

Q and A

Review of Seminars 1 - 4

Homework

- Continue to Practice Your Basic Skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses to Suggestion
 - Hot and Cold Hands, Feet, Arms
 - Arms and hands floating
 - Acquiring Your Own Space
 - Ideo-Dynamic Communication (IDC)
 - Create your own Structured (Auto)-Suggestions Using the New Format

Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills with your new Structured (Auto)-Suggestions
 - Chevreul Pendulum,
 - Ideo-Dynamic Finger Signaling
 - Behavioral Kinesiology

Q and A